

## MARCH 2003:

March is National Nutrition Month®, a campaign that focuses primarily on the importance of making informed food choices and developing sound eating habits. Therefore, this newsletter centers on *Nutrition* and provides educational tools to assist you in planning a well-balanced, nutritious daily diet.

### Did You Know That..

Of the 15 leading causes of death in the United States, 6 are directly associated with a poor diet?

According to the *American Dietetic Association*, they are: Heart disease, diabetes, high blood pressure, kidney disease, stroke, and cancer.

We encourage you and your family to test your nutrition knowledge by completing CIGNA's *Nutrition Quiz* (separate attachment).

### Eating Healthy: Where Do I Begin?

You can start by referencing the *Food Guide Pyramid*® that stems from the "Dietary Guidelines for Americans", published by the United States Department of Agriculture (USDA) and the United States Department of Health & Human Services. This tool provides not only a structure of the five food groups and suggested daily servings, but also takes into account a person's total diet.

**Note: The Food Guide Pyramid replaces earlier food guides, such as the "Basic Four" (food groups).**

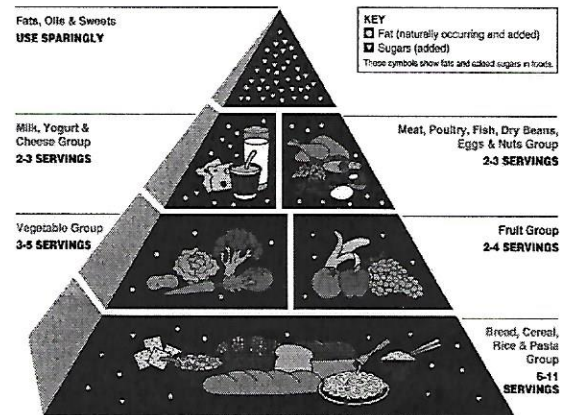
Note: Always consult your doctor for specific diet limitations that you may have due to chronic illness/disease or your personal beliefs. Your doctor will discuss alternative ways for you to obtain needed daily nutrients.

Check out the delicious, healthy recipes in the "Using The Food Guide Pyramid" nutrition resource guide. Local HR Departments have several copies on hand.



## Food Guide Pyramid

### A Guide to Daily Food Choices



Source: U.S. Dept. of Agriculture/U.S. Dept. of Health & Human Services

Suggested Daily Food Choices	Amount of Daily Serving	Some Examples of What Counts as a Serving Size
Milk, Yogurt & Cheese Group	2 to 3 Servings	2 oz American Cheese, 1 cup lowfat milk or yogurt
Vegetable Group	3 to 5 Servings (or more)	¾ cup vegetable juice, 1 cup leafy spinach or lettuce, ½ cup chopped raw broccoli
Meat*, Poultry, Fish, Dry Beans, Eggs & Nuts Group * Cuts of lean meat only without skin	2 to 3 Servings	1/3 cup nuts, ½ cup cooked dry beans, 3 oz broiled fish (size of your checkbook), 3 oz chicken (size of a cassette tape)
Fruit Group	2 to 4 Servings (or more)	1 whole medium apple or orange (size of a baseball), 1 medium banana, a grapefruit half
Bread, Cereal, Rice & Pasta Group (whole-grain enriched)	6 to 11 Servings	1 slice of bread, 5 to 6 small crackers, ½ cup cooked cereal, rice or pasta, a small roll or biscuit
Fats, oils* and sweets	None listed	Use small amounts in moderation

The *American Heart Association* recommends using small amounts of canola oil when cooking.

### How Can I Make Smarter Food Choices at the Supermarket?



According to the *American Dietetic Association*, learning to read a Nutrition Label on a food package correctly can assist you in planning “healthy” daily food choices. Specifically, Nutrition Labels can help you choose foods that are lower in total fat, saturated fat, cholesterol, sodium, and “added” sugars. You will also become more aware of the vitamins/nutrients contained in (or missing from) those particular foods.

### Update on Teams Taking the Kidde Challenge

Well, the Kidde Challenge is under way! Team members have completed their pre-measurement screenings and are on the road to achieving their health goals. Congratulations to those who have stepped forward to accept the Kidde Challenge.

### Extra Tips

The biggest reason people eat too much at mealtimes (especially dinner) is because they usually go too long between meals, allowing their appetite to get out of control.

### Some Food Tricks That Keep Your Hunger Under Steady Control:

- Don't skip breakfast (some people skip breakfast thinking it will help them lose weight, but this has the opposite effect. By lunch or dinner, they are so hungry that they end up eating everything in sight)
- Create a “healthy” snack drawer at home or work (i.e., munch on a handful of raisins or pretzels, fresh fruit, etc. during the day to control hunger)
- Eat a little protein with your breakfast or lunch (i.e., spoonful of reduced-fat peanut butter, 1 slice of soy cheese, 1 eggbeater - egg substitute. Eating just a small amount can satisfy your hunger for hours because protein digests slowly, making you feel full longer)
- Eat slowly so that your brain has time to process messages from your stomach and register that you have ingested enough food. As a result, you will consume less calories

Source: *Prevention Health Books*

### Tips for Eating Healthy on the “Go”

- Order a side salad instead of fries
- Order an appetizer as your main meal
- Order mayonnaise/salad dressings on the side so you can control how much is added (or better yet – forego)
- At the salad bar, load up on fresh vegetables (and skip the Blue Cheese salad dressing!)
- Pack some fresh fruit for snacks during the day (i.e., apple, banana, peach, etc.)
- Instead of a doughnut, order a plain bagel or soft pretzel
- Fill up on lower-calorie foods first (i.e., chicken soup or salad)
- Order a chicken and veggie wrap rolled in a soft tortilla instead of that roast beef sandwich
- Drink plenty of water throughout the day (8 to 10 glassfuls are recommended)
- Order food baked or broiled, not fried

### For more on-line information regarding nutrition, visit the following sites:

[www.eatright.org](http://www.eatright.org) (American Dietetic Association)  
[www.nutrition.gov](http://www.nutrition.gov)  
[www.usda.gov](http://www.usda.gov)  
[www.deliciousdecisions.org](http://www.deliciousdecisions.org)

### Looking Ahead to Our Next Newsletter

April's topic will be *Back Safety*. We will continue to update you on team progress and provide helpful tips.

